

The Great Nova Scotia

APPLE COOK BOOK



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October 1984

Serving Agriculture & the Food Industry

The production, processing and distribution of food is Nova Scotia's largest industry. It employs one-fifth of our labour force, with total sales of over 1 billion dollars.

The objective of the Nova Scotia Department of Agriculture and Marketing is to maintain a strong agriculture and food industry, with a priority to service our 5000 commercial farmers.

Over 200 professional agrologists administering a degree-granting agricultural college; 50 programs and policies; and 32 separate Legislative Acts assists in keeping the agricultural industry expanding and viable.

SERVING AGRICULTURE WITH:

- Agrologists
- Engineers
- Economists
- Veterinarians
- Home Economists
- Technicians



ADVISORY & SERVICES:

- Management • Education
- Financing • Credit
- Marketing • Legislative
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Nova Scotia



**Department of
Agriculture and Marketing**

Honourable Roger Bacon
Minister

Walter V Grant
Deputy Minister

Salads & Soups

Apples can add a fresh look, and taste, to the start of your next meal. And while you are probably familiar with apples in salads — the Waldorf salad, for example — fruit soups could be a bright, new family treat.

CHICKEN FRUIT SALAD

3 cups diced cooked or canned chicken
1 cup diced unpared red apples
1 cup pineapple tidbits, drained
1 cup diced grapefruit sections, drained
Mayonnaise
Water cress

Combine chicken with apples and well-drained pineapple tidbits and grapefruit. Mix well. Add enough mayonnaise to hold ingredients together. Serve on water cress with additional mayonnaise, if desired. Makes 8 servings.

DUTCH SALAD

1 cup (about) diced cooked veal or beef
1 large sour pickle, minced
1 large apple, peeled and diced
1 cup diced cooked potatoes
1 small onion, minced
1 tablespoon vegetable oil
1½ tablespoons vinegar
2 tablespoons mayonnaise

Combine first 5 ingredients. Mix oil, vinegar and mayonnaise; add to meat mixture; mix well. Garnish with mayonnaise, sliced hard-cooked egg and shredded pickled beets. Makes 4 servings.

WALDORF SALAD SUPREME

4 cups cubed unpeeled red apples
2 cups sliced celery
1 cup broken walnuts
1 cup dairy sour cream
½ cup mayonnaise
¼ pound blue cheese, coarsely crumbled
Crisp salad greens

Combine apples, celery and walnuts. Blend sour cream and mayonnaise; stir in blue cheese. Pour over apple mixture; toss until all ingredients are well mixed. Serve on crisp salad greens. Makes 8 servings.

APPLE SHRIMP SALAD

2 cans (7 ounces each) deveined jumbo shrimp
2 medium onions
2 red apples
Lettuce
Water cress
Caper Mayonnaise*

Drain and rinse shrimp. Slice onions; separate into rings. Core apples; slice. Arrange salad greens on 4 serving plates. Place slices from ½ apple in center of each plate, peel side up. Arrange shrimp and onion rings around apples. Makes 4 servings.

*Caper Mayonnaise:

¾ cup mayonnaise
2 tablespoons capers
Combine and serve.

FISHERMAN'S LUCK SALAD

2 cups cooked flaked fish
½ cup sliced stuffed olives
1 cup diced celery
⅓ cup tartar sauce
⅓ cup mayonnaise
2 red apples
Lettuce
Water cress

Combine fish, olives, celery, tartar sauce and mayonnaise. Core apples; do not peel; slice thin; add. Toss thoroughly to mix. Serve on lettuce and water cress. Makes 6 servings.

LAST-OF-THE-TURKEY APPLE SALAD

3 red apples
1 small Bermuda or Spanish onion
4 stalks celery, sliced
2 cups diced leftover turkey
Bottled Italian salad dressing
Leftover stuffing
Mayonnaise
Iceberg lettuce

Core apples; do not pare; cut into cubes. Slice onion; separate into rings. Combine apples, onion, celery and turkey. Add enough salad dressing to coat. Mix stuffing with enough mayonnaise to hold together; shape into small balls. Cut lettuce crosswise into 4 slices. Place lettuce slices on individual salad plates; top with salad mixture; garnish with stuffing balls. Makes 4 servings.

SEABOARD APPLE SALAD

2 cups cooked flaked white fish (cod, haddock, halibut or flounder)
1 cup thinly sliced celery
½ cup diced green pepper
2 tablespoons pickle relish
Curry Dill Dressing*
2 red apples
Pimiento strips

Combine fish, celery, green pepper, pickle relish and half the dressing. Core apples; do not pare; slice thin. Add at once to fish mixture and toss to mix. Serve in individual salad bowls on crisp greens with remaining dressing. Garnish with pimiento strips. Makes 4 servings.

*Curry Dill Dressing:

1 cup vegetable oil
⅓ cup vinegar
1 teaspoon paprika
1 or 2 teaspoons curry powder
Few drops Tabasco
¼ teaspoon Worcestershire sauce
½ teaspoon ground dill seed
½ teaspoon sugar

Combine all ingredients; beat well with rotary egg beater just before serving.

APPLE SALAD NEPTUNE

¼ cup cider vinegar
½ cup vegetable oil
½ teaspoon salt
Few grains pepper
½ teaspoon sugar
4 tart apples
2 cups diced lobster meat, cooked or canned
1 pound jumbo shrimp, cooked, shelled and deveined
Salad greens
Mayonnaise

Combine first 5 ingredients; blend well. Core apples, slice thin (do not peel). Drop apple slices into oil mixture as they are sliced. Add lobster and shrimp; toss to coat with oil mixture. Drain off excess oil. Arrange on salad greens. Serve with mayonnaise. Makes 6 servings.

APPLE HAM SALAD

4 red apples
1 tablespoon lemon juice
1 cup cold water
2 cups diced cooked ham
⅔ cup sliced celery
½ cup French dressing
½ cup crumbled blue cheese
Salad greens

Core apples, do not pare; cut in ½ inch cubes. Combine lemon juice and water; pour over apples; drain. Combine apples, ham, celery and French dressing; toss to mix. Add blue cheese; serve on crisp salad greens. Makes 6 servings.

APPLE LIMA SALAD

3 red apples
½ pound process American cheese
2 cups cooked dry lima beans
1 cup sliced celery
Salad greens
½ cup mayonnaise
½ cup dairy sour cream

Core apples; do not peel. Cut crosswise into rings, then into bite-size pieces. Cut cheese into "sticks" about 2 inches long and ¼ inch wide. Combine apples, cheese, lima beans and celery. Arrange in a salad bowl with crisp greens. Combine mayonnaise and sour cream; toss with salad ingredients or serve separately, as preferred. Makes 6 generous servings.

APPLE LOBSTER SALAD

1 Bermuda or Spanish onion
4 apples
1 cucumber
2 cans (5 ounces each) lobster meat
Crisp salad greens
1 cup mayonnaise
½ cup dairy sour cream
½ cup chili sauce
2 tablespoons chopped ripe olives
1 tablespoon pickle relish

Slice onion; separate each slice into rings. Core unpeeled apples; slice. Score unpeeled cucumber; slice thin. Combine

onion rings, apple slices and cucumber slices. Cut lobster meat into chunks; add. Arrange on crisp salad greens. Combine remaining ingredients for dressing; serve separately. Makes 6 to 8 servings.

APPLE MEDLEY SALAD

2 cups thinly sliced cooked potatoes
6 slices crisp bacon, crumbled
1 cup diced cooked ham
1 cup diced Cheddar cheese
4 large red apples
1/2 cup bottled Italian salad dressing
3 anchovy fillets, minced
Mayonnaise
Salad greens

Combine potatoes, bacon, ham and cheese. Core apples; do not pare; slice thin. Combine salad dressing and anchovies; toss with apples; add to potato mixture. Toss to mix, with mayonnaise to taste. Serve on crisp salad greens. Makes 6 servings.

APPLE AVOCADO SALAD

2 tart red apples
2 tablespoons lemon juice
1 cup sliced celery
1/4 cup chopped pecans
1/2 cup seeded white grapes
1/2 cup miniature marshmallows
Salt and pepper
1/2 cup mayonnaise
2 or 3 avocados
Iceberg lettuce

Cube apples; sprinkle with lemon juice. Combine celery, pecans, grapes, marshmallows and drained apple cubes. Season; toss lightly with mayonnaise. Cut avocados in half; remove stones; fill with apple mixture. Serve on chipped ice, if desired, with crisp salad greens and extra mayonnaise served separately. Makes 4 to 6 servings.

APPLE CHEESE SALAD

2 cups diced unpeeled red apples
1 cup thinly sliced celery
3/4 cup pineapple tidbits, drained
1/2 cup cubed Cheddar cheese
1/2 cup Russian dressing

Combine all ingredients. Toss until well coated with dressing. Serve on lettuce, if desired. Makes 4 generous servings. Serve with soup and hot French bread for luncheon or supper.

APPLE CHICKEN SALAD

2 cups diced cooked or canned chicken*
1 cup sliced celery
1/2 cup sliced pitted black olives
3 red apples
1/2 cup mayonnaise
1/2 teaspoon rosemary
1/4 cup dairy sour cream
Salad greens

Combine chicken, celery and olives. Dice apples without peeling them. Combine mayonnaise, rosemary and sour



cream; add apples and chicken mixture. Toss to coat evenly. Line individual salad bowls with salad greens. Heap apple mixture in center. Makes 4 to 6 servings.
*Or leftover turkey.

CURRIED APPLE SOUP

2 large sweet onions, coarsely chopped
1/4 cup butter or margarine
2 tablespoons curry powder
2 tablespoons cornstarch
1/4 cup cold water
6 envelopes instant chicken broth mix
1 quart hot water
4 egg yolks, slightly beaten
1 cup whipping cream
2 apples, peeled, cored and chopped fine
Juice of 1 lemon
Salt and freshly ground black pepper
Thin slices unpeeled red apple

Cook onions in butter until soft but not brown. Stir in curry powder. Blend cornstarch and cold water; add. Dissolve instant broth mix in hot water; add. Stir over low heat until slightly thickened and clear. Add a little of the hot mixture to egg yolks; return to remaining hot mixture; cook and stir about 1 minute. Add cream. Remove from heat. Add diced apples. Put through electric blender or press through food mill of fine sieve. Add lemon juice. Season to taste with salt and pepper. Serve hot or chilled, garnished with thin slices of unpeeled red apple. Makes 8 servings.

DANISH APPLE SOUP

1 pound tart apples
5 cups water, divided
Grated peel of 1 small lemon
1 teaspoon cinnamon
1/2 teaspoon salt
3 tablespoons cornstarch
2 tablespoons sugar
1/2 cup white Tokay wine
Zwieback (optional)

Core apples; quarter; do not pare. Cook in 2 1/2 cups of the water until soft. Add lemon peel and cinnamon. Put through food mill or sieve. Add remaining water and salt. Blend cornstarch with

a little cold water; add to soup; cook, stirring, until slightly thickened and clear. Cook 10 minutes longer. Add sugar (amount depends on tartness of apples, but soup should not lose all its tart flavor). Add wine. Serve hot. If desired, pour over crushed Zwieback in soup plates. Makes 8 generous servings.

ONE-OF-A-KIND SOUP

1 medium potato
1 medium onion
1 cucumber
1 celery heart with leaves
1 tart apple
1 teaspoon salt
1 pint chicken stock
1 cup light cream
1 tablespoon butter or margarine
1 scant teaspoon curry powder
Few grains pepper
Chopped chives

Peel and chop vegetables and apple. Add salt to chicken stock; add chopped vegetables and fruit; simmer until tender. Put through food mill or fine sieve, or blend in electric blender, until smooth. Stir in cream, butter, curry powder and pepper. Chill thoroughly. Sprinkle with chopped chives. Makes 6 servings.

CREAMY APPLE SOUP

1/4 cup butter or margarine
1/4 cup minced onion
2 pounds tart apples
2 cups hot water
4 instant chicken bouillon cubes
1/4 teaspoon ginger
1/8 teaspoon nutmeg
2 tablespoons quick-cooking rice cereal
1 can (1 pound) pineapple juice

Melt butter or margarine in saucepan. Add onion; cook 2 minutes. Pare, core and cut up apples; add to saucepan with water, chicken bouillon cubes and spices. Cover; bring to boil; cook 10 minutes or until apples are soft. Add cereal. Put through food mill or sieve, or blend half at a time for 1/2 minute in electric blender. Return to saucepan. Add pineapple juice. Bring to boil; simmer 5 minutes, stirring frequently. Serve hot or chilled, with chopped parsley and croutons. Makes 6 servings.

APPLE CHEESE SOUP

1 can (10 1/2 ounces) condensed cream of chicken soup
1 soup can milk
1 cup grated sharp Cheddar cheese
2 tart apples, diced
1 teaspoon instant onion
1 teaspoon sugar

Combine all ingredients in saucepan; stir over low heat until cheese melts. Blend in electric blender or beat with electric mixer until smooth. Serve hot, garnished with dairy sour cream and additional grated cheese. Makes 3 servings.



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AIR CANADA



Entrées

You could well be surprised by the apple's versatility, so appetizingly presented in the following recipes. Chopped apple, apple rings, crunchy bits of apple, apple slices — right here you'll find some new family favourites.

APPLESAUCE MEAT BALLS

- $\frac{3}{4}$ pound finely ground lean beef
- $\frac{1}{4}$ pound ground pork shoulder
- $\frac{1}{2}$ cup fine soft bread crumbs
- 1 egg
- 1 cup unsweetened applesauce
- 2 tablespoons grated onion
- 1 teaspoon salt
- $\frac{1}{8}$ teaspoon pepper
- $\frac{1}{3}$ cup ketchup
- $\frac{1}{4}$ cup water

Combine all ingredients except ketchup and water; mix lightly. Form into 2-inch balls. Brown in hot vegetable oil. Place browned meat balls in baking dish. Combine ketchup.

APPLE MEAT LOAF

- $2\frac{1}{2}$ pounds lean beef, ground
- $1\frac{1}{2}$ cups packaged stuffing mix
- 2 cups finely chopped apples
- 3 eggs
- 2 teaspoons salt
- 2 tablespoons prepared mustard
- 1 large onion, minced
- 3 tablespoons prepared horseradish
- $\frac{3}{4}$ cup ketchup

Combine all ingredients; mix thoroughly. Pack into greased loaf pan $8'' \times 5'' \times 3''$. Bake at 350° for 1 hour and 15 minutes.

EAST INDIAN LENTEN CURRY

- 1 large sweet onion, sliced thin
- 3 medium tart apples, chopped
- 2 tablespoons butter or margarine
- 1 tablespoon curry powder
- 1 tablespoon sugar
- 1 tablespoon vinegar
- 2 cans ($11\frac{1}{4}$ ounces each) condensed green pea soup
- 1 cup water
- 9 hard-cooked eggs, halved

Cook onion and apples in butter or margarine until soft but not brown. Combine curry powder, sugar and vinegar; stir into onion-apple mixture; cook 5 minutes. Combine soup and water; add. Simmer 15 minutes. Add eggs; heat through. Serve with parslid rice and curry accompaniments such as peanuts, chutney, coconut and raisins. Makes 6 servings.

ENGLISH LAMB CHOPS WITH APPLE CURRY SAUCE

- 2 tablespoons vegetable oil
- 1 large sweet onion, thinly sliced
- 2 cups chopped apples
- 3 tablespoons flour
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon pepper

- 2 tablespoons curry powder
- 2 cups chicken broth
- 1 tablespoon lemon juice
- $\frac{1}{2}$ cup flaked coconut
- 6 English lamb chops*
- 4 cups hot parslid rice

Heat oil in frying pan. Cook onion and apples in oil over low heat until tender but not brown. Combine flour, salt, pepper and curry powder; blend in. Add broth and lemon juice. Cook and stir over low heat until slightly thickened. Cover; cook 20 minutes, stirring often. Add coconut. Meanwhile broil lamb chops to desired degree of doneness (15 to 20 minutes), turning once, with surface of meat 3 to 4 inches below source of heat. Serve chops on hot parslid rice with curry sauce on the side. Makes 6 servings.

*Have double lamb chops boned and rolled around lamb kidneys at your meat market.

HAM SLICE WITH APPLES

- 1 slice ready-to-eat ham, 1 inch thick
- Powdered cloves
- Powdered cinnamon
- 1 can (20 ounces) pie-sliced apples or 3 cups fresh apple slices
- $\frac{1}{2}$ cup firmly packed brown sugar*
- $\frac{1}{2}$ cup water

Slash fat on ham slice at 1-inch intervals. Brown on both sides in hot frying pan. Sprinkle lightly with spices. Drain apple slices; arrange on ham. Sprinkle with brown sugar. Add water to frying pan; cover. Simmer 15 minutes, if canned apples are used; 30 minutes for fresh apple slices. Makes 6 servings.

*If tart fresh apples are used, increase sugar to $\frac{3}{4}$ cup.

APPLE-CHICKEN STEW

- 3 chicken breasts (or 6 halves)
- 6 chicken legs
- 4 cups cold water
- 2 teaspoons salt
- $\frac{1}{4}$ teaspoon pepper
- 1 bunch carrots
- 3 medium apples
- 1 can (1 pound) boiled onions
- $\frac{1}{4}$ cup flour
- $\frac{1}{2}$ cup cold water
- 1 green pepper, diced

Cover chicken pieces with 4 cups cold water. Bring to boil. Add salt and pepper. Lower heat to simmer. Scrape carrots; cut in 2-inch pieces; add. Simmer $\frac{1}{2}$ hour. Core and peel apples; cut in eighths; add with drained onions; simmer $\frac{1}{2}$ hour longer or until all ingredients are tender. Strain off broth; measure 3 cups. Blend flour and $\frac{1}{2}$ cup cold water; add to broth; cook and stir over low heat until thickened. Pour over chicken and vegetables; add green pepper. Reheat. Makes 6 servings.

CHICKEN McINTOSH

- 2 cups diced leftover chicken
- 2 cans ($10\frac{1}{2}$ ounces each) chicken gravy
- 3 cups cooked buttered rice
- $\frac{3}{4}$ cup chopped peanuts
- 1 cup cubed, unpeeled red apples

Combine chicken and gravy; heat. Meanwhile, combine rice and peanuts. Pour chicken into serving dishes; add apple cubes. Serve with peanut rice. Makes 4 servings.

SHERRIED CHICKEN AND APPLES

- 2 or 3 large red apples
- 1 tablespoon lemon juice
- $\frac{1}{4}$ cup dry sherry
- $\frac{1}{4}$ cup firmly packed brown sugar
- Flour
- $\frac{1}{2}$ cup butter or margarine
- Sugar and cinnamon

Core apples but do not pare; cut in sixths. Combine lemon juice, sherry and brown sugar; pour over apple wedges and let stand 1 hour. Drain apple wedges; dip in flour. Fry slowly in butter, turning once, until golden brown and tender. Sprinkle with sugar and cinnamon. Serve hot, with chicken. * Makes 4 servings.

*Chicken:

- $\frac{1}{2}$ cup flour, divided
- 1 teaspoon paprika
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon pepper
- 1 frying chicken (about $3\frac{1}{2}$ pounds, cut up)
- $\frac{1}{4}$ cup vegetable oil
- $\frac{1}{2}$ cup apple cider
- $\frac{1}{4}$ cup dry sherry
- 2 cups light cream

Combine $\frac{1}{4}$ cup flour, paprika, salt and pepper; coat chicken pieces with this mixture. Brown in hot oil. Add cider; cover; simmer until tender (30 to 40 minutes). Add sherry; cook 2 minutes longer. Remove chicken to hot platter. Add remaining flour to pan; blend with drippings. Add cream; stir over low heat until smooth and thickened; spoon over chicken. Makes 4 servings.

ROAST STUFFED SHOULDER OF PORK

- 1 medium onion, chopped fine
- $\frac{1}{4}$ cup butter or margarine
- 1 teaspoon salt
- Few grains pepper
- $\frac{1}{8}$ teaspoon thyme
- $2\frac{1}{2}$ cups soft bread crumbs
- $1\frac{3}{4}$ cups chopped apple
- $\frac{1}{2}$ cup boiling water
- 5 pounds boned pork shoulder with pocket

Cook onion in butter or margarine until golden brown. Add salt, pepper, thyme, bread crumbs, apples and water; mix thoroughly. Fill shoulder pocket with stuffing mixture; fasten edges with skewers. Rub outside of meat with salt

and pepper. Place on rack in open roaster. Bake at 350° for about 3 hours, or until tender.

APPLE PORK CHOP SUEY

1½ pounds lean boneless pork
4 tablespoons vegetable oil
3 medium onions, sliced
1½ cups water
1 can bean sprouts
1 teaspoon Ac'cent
2 cups slivered celery
2 apples, cored and thinly sliced
Soy sauce to taste
3 tablespoons cornstarch
¼ cup cold water

Cut pork in narrow strips about 2 inches long. Brown in hot oil, adding onions during last few minutes to brown lightly. Add water, liquid from bean sprouts and Ac'cent; cover; simmer until meat is thoroughly cooked, 20 to 30 minutes. Add celery and apples; continue cooking about 10 minutes. Add soy sauce. Blend cornstarch and cold water; add. Stir until thickened and clear. Add bean sprouts; bring to boiling point. Serve with rice. Makes 6 servings.

APPLE-SMOTHERED PORK CHOPS

6 loin pork chops, 1 inch thick
¼ teaspoon salt
¼ teaspoon sage
3 tart apples
3 tablespoons molasses
3 tablespoons flour
2 cups hot water
1 tablespoon vinegar
½ teaspoon salt
⅓ cup raisins

Sprinkle chops with ¼ teaspoon salt and sage. Brown slowly in hot skillet. Place in large baking dish. Pare, core and slice apples in ¼ inch slices or rings; arrange on chops. Pour molasses over apples. Add flour to fat in skillet; cook until brown, stirring constantly. Add water; stir until mixture boils. Add vinegar, salt and raisins. Pour over chops and apples. Cover and bake at 350° about 1 hour, or until apples are tender. Makes 6 servings.

APPLE-STUFFED SPARERIBS

1 package bread stuffing mix
½ cup chopped onions
2 cups chopped apples
⅛ teaspoon each powdered mace, sage, nutmeg and cloves
2 matching racks of spareribs

Prepare stuffing as directed on package, adding onions, apples and spices; mix well. Spread on rack of spareribs; top with second rack; tie together securely with white string. Put in roasting pan with ½ cup hot water; cover. Roast at 350° for about 3 hours or until done. Remove cover during last hour of roasting. Makes 8 generous servings.

HUNGARIAN STEW

4 tablespoons butter or margarine
½ cup light brown sugar
6 to 8 apple rings

½ cup minced onions
2½ cups leftover pork gravy (or canned mushroom gravy)
2 cans or jars (1 pound each) sauerkraut
½ teaspoon salt
2 teaspoons caraway seeds
Sliced leftover roast pork

Melt butter in skillet; stir in brown sugar; stir until sugar melts. Cook apple rings until brown and glazed on both sides; remove. Add onions to pan with gravy, 1 can sauerkraut, salt and caraway seeds. Bring to boil; simmer 5 minutes. Add pork slices; simmer 15 minutes longer. Meanwhile, simmer remaining sauerkraut separately for 15 minutes; arrange on serving platter. Top with pork-in-gravy and apple rings. 4 servings.

APPLE, BANANA AND BACON GRILL

½ cup firmly packed brown sugar
½ teaspoon cinnamon
4 firm bananas
Lemon juice
4 bacon strips
8 apple rings

Combine sugar and cinnamon. Peel bananas; brush with lemon juice, then dip in sugar mixture. Wrap bacon strip around each banana; secure with wooden picks. Sprinkle apple rings with remaining sugar mixture. Place fruit on broiler rack with surface of food 3 inches below source of heat. Broil 8 to 10 minutes, turning bananas once. Makes 4 servings.

PURE TO THE CORE



FROM THE ANNAPOLIS VALLEY

Drinks



"Stay me with flagons, comfort me with apples."

ADAM'S APPLE

Deliciously tempting.

A new, exciting combination of crisp apple juice and 1 1/4 oz. of mellow Bacardi dark rum. Tempt yourself. Its new taste could become your favourite one.

PLANTER'S PUNCH

Sip into the tropics with a famous blend of 1 1/4 oz. Bacardi amber rum, lime juice, soda and cracked ice. Exotically garnished with tropical fruit.

TOP O' THE SEASON EGGNOG

Greet the festive season with a rich blend of mellow Bacardi dark rum (1 1/4 oz.), milk, and 1 1/4 oz. O'Darby Irish Cream. Top with whipped cream and a dusting of nutmeg.

PARTY PUNCH

- 1 cup orange juice
- 1/4 cup lemon juice
- 1 pint cranberry juice cocktail
- 1 cup pineapple juice
- 1 pint apple cider
- 2 quarts chilled ginger ale

Combine all ingredients except ginger ale; mix well. Just before serving, pour over ice in punch bowl; add ginger ale. Makes about 30 punch-cup servings.

TRURO APPLE FOAM

- 1 quart apple juice
- 1 cup canned cranberry juice cocktail
- 1 egg white
- 2 tablespoons sugar
- Nutmeg

Combine ice cold apple juice and cranberry juice; mix well. Divide among 4 tall glasses. Beat egg white stiff, adding

sugar while beating. Top each glass with spoonful of sweetened egg white. Sprinkle with nutmeg.

MULLED APPLE PUNCH

- 3 pounds cooking apples
- 2 teaspoons cinnamon
- 1/2 teaspoon cloves
- 1 teaspoon nutmeg
- 3 cans frozen lemonade concentrate
- 1 red apple
- Whole cloves
- 1 gallon apple cider

Wash apples; do not peel or core; cut into eighths. Cook in small amount of water until very soft. Put through food mill or sieve. Stir in spices. Add frozen concentrate; heat gently until lemonade is thawed. Stud red apple with whole cloves; place in heatproof punch bowl; add spiced apple mixture. Heat cider (do not boil). Pour into punch bowl. Serve in mugs. Makes about 20 1-cup servings.

ROSY GLOW

Apple juice "ice" cubes with mint

- 1 quart chilled apple juice
- 2 cups chilled Apple Red Hawaiian punch
- 2 tablespoons lemon juice
- Chilled carbonated lemon-lime beverage

Place a mint sprig in each section of ice cube tray; fill with apple juice; freeze solid. Combine 1 quart apple juice, Hawaiian punch and lemon juice; pour over apple juice "ice" cubes in tall glasses, filling 2/3 full. Fill to top with carbonated lemon-lime beverage. Stir gently to mix. Makes 12 servings.

FRUITED MOCHA FOAM

- 2 apples, peeled and diced
- 1 ripe banana, cut in chunks
- 2 teaspoons instant coffee
- 2 tablespoons instant cocoa
- 3 tablespoons sugar
- 2/3 cup non-fat dry milk
- 1 2/3 cups ice water
- 1 teaspoon vanilla

Combine all ingredients in an electric blender. Operate on low speed until fruit is liquefied. Beat on high speed until foamy. Makes 2 or 3 servings.

APPLE BLOSSOM ICE CREAM SODA

- 2 cups apple juice
- 1 pint peach ice cream
- Dry ginger ale

Pour 1/2 cup apple juice in each of 4 tall glasses. Divide ice cream equally among glasses. Fill glasses with ice-cold ginger ale. Stir gently to mix.

HOT SPICED APPLE PUNCH

- 2 cans (1.36 L each) apple juice
- 25 ml sugar
- 5 ml whole allspice

- 2 ml nutmeg
- 8 whole cloves
- 4 cinnamon sticks, 15 cm each

Combine ingredients. Bring to boil and simmer 15 min. Strain. Serve hot, with cinnamon sticks. Makes about 2.5 L.

APPLE COOLER

- 1 quart apple juice or cider
- 2 cups apricot nectar
- Juice of 6 limes
- Club soda

Combine apple juice, apricot nectar and lime juice. Pour over ice into 6 tall glasses. Fill glasses with club soda.

LAMB'S WOOL

- 8 large baking apples
- 2 quarts apple cider
- 1 cup firmly packed brown sugar
- 2 tablespoons mixed pickling spices

Wrap each apple in double thickness of heavy aluminum foil; place in baking pan. Roast at 450° until soft (about 1 1/2 hours). Remove foil. Put apples through food mill or sieve (there should be from 5 to 6 cups of pulp). Meanwhile combine cider, brown sugar and spices in kettle. Stir over low heat until sugar dissolves; bring to boil. Lower heat; simmer 1/2 hour; strain. Add hot cider mixture to apple pulp; serve hot in sturdy mugs. Makes about 3 1/2 quarts.

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Feel the warmth.

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For additional recipe ideas, please write to FBM Distillery Co. Ltd., PO Box 368, Brampton, Ontario, L6V 2L3.



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Desserts

To many people, apple pie is still king of the desserts. And rightfully so. But there is really no limit, save imagination, to the desserts that can be based on apples. Raw apples, baked apples, fresh apples, dried apples. Read on!

ANNAPOLIS VALLEY APPLE PIE

200-500 ml white sugar
1 ml apple pie spice
Pinch of salt
1.5 L thinly sliced apples
Pastry for 2 crust 22.5 cm pie
15 ml butter
15 ml lemon juice

Combine sugar, apple pie spice and salt (the amount of sugar depends on tartness of apples). Arrange sliced apples in layers in pastry-lined pie plate, heaping in center, sprinkling each layer with sugar and spice mixture. Dot top with pieces of butter. Sprinkle lemon juice over all. Cover with upper crust; seal and flute edge. Cut slits at center to let steam out during cooking (if apples are very juicy, make a small funnel with aluminum foil and insert in center while baking). Bake in preheated 230°C oven for 10 minutes, reduce heat to 180°C and continue baking 45-50 minutes or until apples are cooked. Note: use gravenstein apples when available. If apples are past their best, use more apple pie spice and lemon juice.

OLD-FASHIONED APPLE PAN DOWDY

8 thin slices day-old bread
4 tablespoons butter or margarine
6 cups sliced apples
1/2 teaspoon nutmeg
1 teaspoon cinnamon
1/4 teaspoon salt
2 tablespoons brown sugar
2 tablespoons light molasses
1/2 cup water
Cinnamon sugar

Trim crust from bread slices; butter each slice. Line 1 1/2-quart baking dish with bread, cutting to fit, and saving enough slices for top. Fill dish with apple slices. Combine spices, salt, brown sugar, molasses and water; pour over apples. Top with remaining bread slices, buttered side up. Cover; bake at 350° for 30 minutes. Remove cover; sprinkle with cinnamon sugar; bake 20 minutes longer, or until golden brown. Serve hot with plain cream. Makes 6 servings.

GLAZED APPLE ROLY POLY

2 cups biscuit mix
1 egg
1/2 cup water
3 cups chopped tart apples
1/2 cup sugar
2 1/2 teaspoons cinnamon, divided
2 cups firmly packed brown sugar
1 1/2 tablespoons cornstarch
1/4 cup vinegar

3/4 cup water

1 tablespoon butter or margarine

Measure biscuit mix into bowl. Break egg into 1/2 cup water; mix well. Add to biscuit mix; blend with a fork. Turn out on floured board; knead gently until smooth. Roll out in rectangle 1/3 inch thick. Cover dough with apples. Combine 1/2 cup sugar and 1 1/2 teaspoons cinnamon. Sprinkle over apples. Roll up like jelly roll. Cut in 1 1/2-inch slices. Place slices, cut side up, close together in greased 8-inch-square cake pan. Bake at 450° for 15 minutes. Meanwhile, combine brown sugar, cornstarch, and remaining 1 teaspoon cinnamon. Combine vinegar and 3/4 cup water; add; boil 5 minutes. Add butter or margarine. Pour over roly poly, pulling biscuits away from sides of pan so syrup will run underneath. Reduce heat to 375°; bake 15 minutes longer. Makes 9 servings.

APPLE CINNAMON CAKE

2 eggs
250 ml (1 cup) sugar
5 ml (1 tsp.) vanilla
125 ml (1/2 cup) oil
50 ml (1/4 cup) water
10 ml (2 tsp.) baking powder
1 ml (1/4 tsp.) salt
375 ml (1 1/2 cups) all purpose flour
4-6 Nova Scotia apples (sliced)
125 ml (1/2 cup) sugar
10 ml (2 tsp.) cinnamon

Beat the two eggs. Add 250 ml (1 cup) of sugar, vanilla, oil and water. Sift the dry ingredients. To the egg mixture add the dry ingredients, mixing well. Pour half the batter into a 2.0 L (9 inch) pan and cover with the sliced apples sprinkled with sugar and cinnamon. Cover with the remaining batter and bake at 375°F (190°C) for 30 minutes or until lightly browned.

UPSIDE-DOWN APPLE CAKE

2 medium Nova Scotia apples
65 ml (1/4 cup) butter
45 ml (4 tbsp.) brown sugar
50 ml (1/4 cup) butter
150 ml (2/3 cup) sugar
2 eggs
125 ml (1/2 cup) milk
375 ml (1 1/2 cup) sifted flour
2 ml (1/2 tsp.) salt
15 ml (1 tbsp.) baking powder
5 ml (1 tsp.) vanilla

Bake in 2 L layer pan (8" layer pan).

Melt 65 ml (1/4 cup) butter in frying pan. Sprinkle 45 ml (4 tbsp.) brown sugar into melted butter and pour into prepared layer pan. Over this arrange apple slices. In a bowl, cream the fat and then add sugar gradually. Add the egg. Beat well. Add vanilla. Add sifted dry ingredients alternately with the milk.

Spread batter over fruit mixture. Bake at 190°C (375°F) for 35 minutes. Turn upside-down on a plate. Serve hot with or without whipped cream or ice cream on dessert plates.

APPLE CINNAMON SAUCE

250 ml (1 cup) brown sugar
75 ml (3/4 cup) apple juice
1 ml (1/4 tsp.) cinnamon
50 ml (1/4 cup) butter
250 ml (1 cup) finely chopped Nova Scotia apples

Combine brown sugar, apple juice and cinnamon and boil to a heavy syrup (about 5 minutes). Stir in butter and apples. Makes about 375 ml (1 1/2 cups).



OLD-FASHIONED APPLE SNOW

1 1/3 cups extra-fine granulated sugar
2 large tart apples
4 egg whites, unbeaten
Few grains salt

Measure sugar into large bowl. Pare apples; grate into sugar so that apples will not discolor. Add egg whites and salt. Beat with rotary beater or electric

mixer until mixture is very stiff and light (this takes a long time by hand). Serve with Custard Sauce. * Makes 8 servings.

*Custard Sauce:

1½ cups milk
3 tablespoons sugar
¼ teaspoon salt
4 egg yolks, slightly beaten
½ teaspoon vanilla

Scald milk; add sugar and salt; stir until sugar dissolves; pour slowly on egg yolks. Cook over hot water, stirring constantly, until mixture coats spoon. Remove from heat; add vanilla. Chill.

SPANISH APPLE FLAN

3 cups milk
1½ cups sugar, divided
1 teaspoon grated lemon peel
Few grains salt
1-inch stick cinnamon
¼ cup water

pizza pan or 10-inch pie pan. Pour syrup immediately over apples. Strain cooled milk mixture; add to beaten eggs; mix thoroughly; strain over apples. Set in pan of hot water and bake at 400° for 45 minutes for pizza pan, 1 hour for pie pan, or until knife inserted near rim comes out clean. Let cool, then chill. Makes 8 servings.

SWEDISH APPLE MERINGUE "CAKE"

Crust:

⅓ cup butter or margarine
3 tablespoons sugar
2 egg yolks
¾ cup sifted all-purpose flour
⅓ cup chopped roasted almonds
1 tablespoon grated lemon peel
1 tablespoon lemon juice

Filling:

4 to 6 medium apples

flour, almonds, lemon peel and 1 tablespoon lemon juice; blend well. Press on bottom and sides of 9-inch pie pan. Brush with a little unbeaten egg white. Bake at 350° for 15 minutes, or until golden brown. For filling, pare and core apples; cut in eighths; combine with sugar and lemon juice in a saucepan; cover; cook over medium heat until tender. Spread jam evenly over baked crust; arrange apples on top. For meringue, beat egg whites with salt until stiff but not dry; add remaining sugar, 1 tablespoon at a time, while continuing to beat. Mound over apples. Return to oven for about 18 minutes or until meringue is lightly browned.

APPLE DREAM SQUARES

250 ml (1 cup) flour
50 ml (¼ cup) icing sugar
125 ml (½ cup) butter or margarine, melted
2 eggs
250 ml (1 cup) brown sugar
2 ml (½ tsp.) vanilla
500 ml (2 cups) diced, peeled, tart N.S. apples
50 ml (¼ cup) chopped walnuts
125 ml (½ cup) sifted flour
5 ml (1 tsp.) baking powder
1 ml (¼ tsp.) salt

Sift together flour and icing sugar, then combine with 125 ml (½ cup) melted butter. Press mixture into 2 L (8 inch) greased baking pan. Bake in a moderate oven 180°C (350°F) for 20 minutes.

Meanwhile, beat eggs until thick and lemon colored. Stir in brown sugar, vanilla, apples and walnuts. Sift together remaining ingredients and stir into egg mixture. Spread over baked layer. Bake at 180°C (350°F) for 35 minutes or until done. Cut into 9 squares. Top with whipped cream.

VIENNESE APPLE CHARLOTTE

Kuchen Dough:

1 cup sifted all-purpose flour
½ teaspoon baking powder
¼ teaspoon salt
2 tablespoons sugar
2½ tablespoons butter or margarine
2 eggs, beaten
2 tablespoons milk

Mix and sift flour, baking powder, salt and sugar. Work butter into mixture smoothly with wooden spoon. Beat in eggs. Stir in milk. Grease 8-inch spring form pan. With rubber spatula or spoon, spread dough on bottom and partly up side of the spring form pan (top edge of crust will be ragged).

APPLE FILLING:

5 cups sliced apples
½ cup golden raisins
⅔ cup sugar
1 teaspoon cinnamon
1 tablespoon grated lemon peel

Cook apple slices and raisins in enough water to cover until apples are just tender, but have not lost their shape;

4 eggs, beaten
1 can (20 ounces) pre-sliced apples

Combine milk, ½ cup sugar, lemon peel, salt and cinnamon in large saucepan. Bring to boil; lower heat; simmer 15 minutes. Let cool. Combine remaining 1 cup sugar and water. Bring to boil; boil 8 minutes without stirring; lower heat; simmer until caramel color. Meanwhile, arrange apple slices in bottom of 12-inch

⅓ cup sugar
1½ tablespoons lemon juice
½ cup raspberry jam

Meringue:

2 egg whites
Few grains salt
4 tablespoons sugar

For crust, cream butter or margarine; add 3 tablespoons sugar while continuing to cream. Add egg yolks; mix well. Add



drain. Combine sugar, cinnamon and lemon peel; stir gently into apples and raisins. Spoon into dough-lined spring form pan. Bake at 425° for 50 to 60 minutes, or until crust is deep golden brown and filling is firm. Serve hot, topped with almond-flavored whipped cream.

FINNISH APPLE MERINGUE

2 tablespoons butter or margarine
1/2 cup firmly packed brown sugar, divided
2 teaspoons cinnamon, divided
2 cans (20 ounces each) pie-sliced apples
3 egg whites
1/2 cup sugar
Few grains salt

Melt butter in bottom of shallow 1 1/2-quart baking dish. Sprinkle with half the brown sugar and cinnamon. Arrange apple slices evenly in pan. Sprinkle with remaining brown sugar and cinnamon. Beat egg whites until foamy. Slowly beat in sugar and salt. Continue beating until mixture stands in stiff peaks. Swirl on top of apples. Bake at 325° for 35 to 40 minutes or until the meringue is golden. Makes 8 servings.

APPLE DUMPLINGS

Pastry for 2-crust pie
6 medium apples, peeled and cored
125 ml brown sugar
2 ml cinnamon
25 ml butter
125 ml raisins

Roll out dough 3 mm thick and cut in 6 squares. Place apple in center of each

square. Combine sugar, cinnamon, butter and raisins; fill cavity of apple. Draw up four corners of pastry and seal edges well. Bake at 220°C until pastry is lightly browned and apples are tender (about 25 min. depending on variety and size of apples). Makes 6 servings.

APPLE TART

Pastry:

500 ml sifted all-purpose flour
25 ml sugar
1 ml salt
5 ml cinnamon
1 ml ground cloves
175 ml butter
2 beaten egg yolks
25 ml water
Filling:
500 ml sugar
50 ml flour
5 ml cinnamon
2 L coarsely grated, peeled apples (about 1 kg)
icing sugar

Pastry: Combine flour, sugar, salt, cinnamon and cloves. Cut in butter until mixture resembles fine bread crumbs. Mix egg yolks and water; stir into flour mixture to form soft dough. Spread dough evenly on bottom of 28 cm flan pan and up sides, pat in gently.

Filling: Combine all ingredients except icing sugar. Spread evenly over pastry. Bake at 200°C until apples are tender (about 45 min.). Cool. Sift icing sugar over top. Pipe whipped cream on top at serving time, if desired. Makes 8 servings.

APPLE MUFFINS

250 ml (1 cup) flour
15 ml (1 tbsp.) baking powder
2 ml (1/2 tsp) salt
125 ml (1/2 cup) brown sugar
5 ml (1 tsp.) cinnamon
2 ml (1/2 tsp.) all-spice
250 ml (1 cup) whole wheat flour
1 egg, beaten
250 ml (1 cup) apple juice
250 ml (1 cup) grated Nova Scotia apple
50 ml (1/4 cup) oil
10 ml (2 tsp.) sugar
2 ml (1/2 tsp.) cinnamon

Sift together first 6 ingredients. Stir in whole wheat flour. Combine egg, apple juice, apple and oil. Add to dry ingredients, stirring only enough to moisten. Fill greased muffin tins 2/3 full. Sprinkle top of muffins with sugar and cinnamon mixture. Bake at 190°C (375°F) until golden brown (25-30 min.). Makes 1 dozen.

MAPLE APPLE CRISP

1500 ml sliced, peeled apples (about 900 g)
150 ml maple syrup
125 ml all-purpose flour
125 ml rolled oats
125 ml brown sugar
1 ml salt
125 ml butter

Arrange apples in greased 2.5 L baking dish (20 cm square). Pour maple syrup over apples. Combine flour, rolled oats, brown sugar and salt. Cut in butter until mixture resembles coarse bread crumbs. Sprinkle topping over apples. Bake at 190°C until apples are tender and topping is lightly browned (about 35 min.). Makes 6 servings.

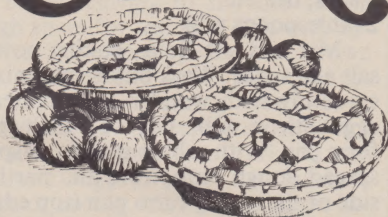
APPLE METRICS

1 large apple yields about 250 ml diced or sliced
250 ml dried apples weigh about 100 g
1 medium apple weighs about 150 g
6 large apples weigh about 1 kg
500 g apples yield about 1 L diced or sliced
1 can (540 ml) pie filler is sufficient for one 1 L (23 cm) pie

STORING FRESH APPLES

Variety	Storage period	
	Normal months	Maximum months
Gravenstein	0-1	3
Wealthy	0-1	3
Grimes Golden	2-3	4
Jonathan	2-3	4
McIntosh	2-4	4-5
Cortland	3-4	5
Spartan	4	5
Rhode Island Greening	3-4	6
Delicious	3-4	6
Stayman	4-5	5
York Imperial	4-5	5-6
Northern Spy	4-5	6
Rome Beauty	5-6	6-7
Newton	5-6	8
Winesap	5-7	8

The Great Nova Scotia APPLE COOK-OFF



Here's a recipe contest that could make you famous! In addition to being eligible to win a valuable prize, the winning recipes will be published in a special feature in *Atlantic Insight* magazine.

There are four categories for entries: traditional, apples with meat and poultry, apples in salads and appetizers, and finally, apple adventures!

Twelve finalists will be invited to Halifax (staying as overnight guests of

the Citadel Inn), and will prepare and serve their specialties for the judges.

The grand prize is an original 10K gold sculpture. "The Apple Tree," valued at \$1000.00. Three first prizes are deluxe Beaumark microwave ovens from Simpsons, value \$499.00 each.

For complete details, pick up an entry form where you buy your Nova Scotia apples.

Now, even if you hate cooking and have no recipes of any kind, you can still be a winner. On the back of the Cook Off entry form is an entry into a sweep-stake. The lucky winner gets an Air Canada trip for two to Los Angeles. Just think, a Nova Scotia apple could be all it takes to get you to Hollywood!

McCain

McCain presents new

Lite Delite

Apple Raspberry Pie

All-natural recipe without artificial flavours or colours.



Exciting, new fruit duet of crisp, white apples and red, red raspberries

Light, flakey, lattice-top pastry

Home-baked
flavour but
fewer
calories!



For families who don't want to give up the old fashioned pleasure of home-baked pies, but still want to eat wisely and well, here's a new generation of oven-ready fruit pies

Baked for the way we eat today!



du Maurier Special Mild

King Size and 100mm

A reflection of distinctive taste



WARNING: Health and Welfare Canada advises that danger to health increases with amount smoked — avoid inhaling.
Av. per cigarette: King Size: 11 mg "tar", 0.9 mg nicotine; 100 mm: 12 mg "tar", 1.0 mg nicotine.